

Bed Time with Preschoolers

Play with your preschooler

- Create a happy story for your child to think about before going to sleep.
- Place stuffed animals around the room and use a flashlight to search for them.
- Use blankets, chairs and imagination to make fun forts.
- Keep a calendar in your child's room and talk about it.
- Share a book with your child before bed each night.

Talk and rhyme with your preschooler

Playfully chase your child into bed while reciting this rhyme:

Wee Willie Winkie runs through the town,
Upstairs, downstairs in his nightgown.
Rapping on the windows, crying through the locks,
“Are the children in their beds? For now it's eight o'clock.”

Sing with your preschooler

Somewhere over the rainbow, way up high,
There's a land that I heard of once in a lullaby.
Somewhere over the rainbow, skies are blue,
And the dreams that you dare to dream really do come true.

Someday I'll wish upon a star,
And wake up where the clouds are far,
Behind me.
Where troubles melt like lemon drops,
Away above the chimney tops,
That's where you'll find me.

Somewhere over the rainbow, bluebirds fly.
Birds fly over the rainbow,
Why then, oh, why can't I?
If happy little bluebirds fly,
Beyond the rainbow,
Why, oh, why can't I?

